

Second Grade Physical Education

Fundamentals of Fitness

<http://www.sad44.org/curriculum/health/health.pdf>

	Quarter 1	Quarter 2	Quarter 3	Quarter 4
Unit (Maybe on-going)				
Strands	Physical Fitness (A) Motor Skills (B) Personal and Social Interaction (C) http://www.state.me.us/education/lres/hpe.htm			
Activities	Running Skipping Running backwards Gallop Catching and throwing Hand dribbling Dribbling while traveling (walking, slow jogging, jogging, running) Changing hands while traveling Ball control		Soccer skills Fitness evaluation Basketball skills Snowshoeing Capture the Flag T-Ball Floor hockey Frisbee	
Assessments	Simple Combinations LAD adapted B-3			
Vocabulary				
Resources	http://www.ceismc.gatech.edu/busyt/eng.shtml This site allows you to search by grade spans and a list of lessons will come up. http://www.pcentral.org/lessonideas/health/healthp.asp Gives you lots of different options into how you want to search.			